



“Is it **done** yet?”

You can't tell by **looking**. Use a **food thermometer** to be sure.

The Centers for Disease Control and Prevention estimate that every year about 76 million people in the United States become ill from harmful bacteria in food; of these, about 5,000 die. *Foodborne illness is preventable*. Cooking and reheating food to a safe internal temperature kills potentially dangerous bacteria. You can prevent foodborne illness by using a food thermometer.



USDA Recommended Temperatures USDA Recommended Temperatures Steak: 145°F

www.IsItDoneYet.gov

United States Department of Agriculture • Food Safety and Inspection Service